



***Fight The Bite***

*The First Line Of Defense*

# West Nile Virus

## DEET Tips

### For Proper Protection

The chemical N,N-diethyl-m-toluamide — more commonly known as DEET — is an insect repellent that can reduce the risk of mosquito bites, but must be used with caution. Products containing DEET have been occasionally associated with some health problems (*skin reactions, including rash, swelling and itching; eye irritation; and, less frequently, slurred speech, confusion and seizures*). Frequent application or saturation might not be necessary. Use as you need.

In addition, the Mississippi State Department Of Health recommends taking these precautions when using repellents that contain DEET:

- Products with 10 – 35 percent DEET will provide adequate protection under most conditions. The American Academy of Pediatrics recommends that repellents used on children contain no more than 10 percent DEET.
- Store out of the reach of children and read all instructions on the label before applying.
- *Do Not* allow children to apply DEET themselves.
- *Do Not* apply DEET directly to children. Apply to your own hands and then put it on the child.
- When applying DEET, avoid the child's eyes, lips, and hands.
- Avoid prolonged and excessive use of DEET. Use sparingly on exposed skin only.
- *Do Not* apply repellents in enclosed areas.
- *Do Not* apply directly on your face, especially near the eyes, nose or mouth.
- *Do Not* use on skin that is damaged by sunburn, cuts, bruises or skin conditions, such as psoriasis.
- DEET may be applied to clothing but can damage some synthetic fabrics and plastics.
- Wash treated skin and clothing after returning indoors.
- If you believe you or a child is having an adverse reaction to a repellent containing DEET, wash the treated area immediately and contact your health care provider or local poison control center.

Remember that the use of DEET is only *one way* to reduce the risk of mosquito bites. The State Health Department also encourages other precautions — such as wearing long pants and long-sleeved shirts when in areas of high mosquito activity. Also, eliminate items on your property in which standing water can collect and serve as a breeding ground for mosquitoes.



**MISSISSIPPI STATE DEPARTMENT OF HEALTH**

***Public Health — The First Line of Defense***

570 East Woodrow Wilson • Post Office Box 1700 • Jackson, Mississippi 39215-1700  
(601) 576-7400 • 1-877-978-6453 • [www.msdh.state.ms.us](http://www.msdh.state.ms.us)

Catalog No: 8012